第３講　国公立大英語長文演習③

次の英文を読んで，設問に答えなさい。

A recent study found that young people who have a sister are less (　A　) to report such feelings as being unhappy, sad or depressed. These findings are no accident; other studies have come to similar conclusions. But why would having a sister make you happier? The usual answer is that girls and women tend to talk about their emotions more often than boys and men. However, that may not be true. Women’s styles of friendship and conversation aren’t necessarily better than men’s; they are simply different from men’s ways of communication.

One woman, for example, said that she talked for hours (　B　) phone to her two brothers as well as her two sisters. But the topics were different. She talks to her sisters about their personal lives; with her brothers she discusses history geography and books. And, she added, (あ) <u>one brother calls her at 5 a.m. and wakes her up as a joke on her</u>.

A joke? Is this communication? Well it does remind her that he’s always thinking of her. And talking for hours creates and reinforces connections with both brothers and sisters, (　C　) of what they talk about.

In another example, a student talked about the time when their family dog died. The brother and three sisters all telephoned one another. The sisters told each other how much they missed the dog and how terrible they felt. The brother expressed concern for everyone in the family but said nothing about what he himself was feeling.

The brother felt the same as his sisters, but he just didn’t say it directly. So having the phone conversations served exactly the same purpose for him as the

sisters’ calls did for them: (　D　) comfort at the time of their shared loss.

NOTE

Men don’t always feel a need to discuss their problems with others. For some men, doing things together can be a comfort in itself and another way to show caring. In one case, a man spent a day with a friend who was going (　E　) a divorce. When he returned home, his wife asked how his friend was dealing with the problem. (い) <u>The man replied to his wife that he didn’t know how his friend felt about the divorce because they didn’t talk about it</u>. The wife was annoyed with her husband. She felt that her husband’s friend needed to talk about what he was experiencing.

However, asking the friend about his divorce might have made that friend feel worse by reminding him of it. Perhaps just expressing concern could have (ア) come across as being critical, not helpful. The husband’s instincts about not talking about his friend’s problems hadn’t been wrong and he hadn’t let his friend down.

Yet the recent study still suggests the benefit of having sisters. For example, a pair of British psychologists found that young people who had grown up with at least one sister tended to be happier and more optimistic. Another British researcher found a (　F　) pattern among older adults. So what is going on? The reasons why people benefit from having sisters are much more (イ) subtle. Some of the participants in the studies have said that they talked to their sisters more often, at greater length and about more personal topics. This often meant that they felt closer to their sisters.

NOTE

A woman in her 80s said that she had been very close to her unmarried sister throughout their lives, but they never discussed their personal problems. Late in life, the sister came to live with the woman and her husband. The woman recalled that each morning after her husband got up to make coffee, her sister would stop by her bedroom to say good morning. The woman would urge her sister to sit with her in bed. As they sat up in bed side by side, holding hands, the woman and her sister would just talk.

It is (う) <u>another type of conversation that many women have and many men don’t understand the need to have</u>. Some women often talk about their daily lives, for example a sweater they found on sale or other common activities. These seemingly pointless conversations are as comforting to some women as conversations about problems and troubles are to others.

So talk with a sister may make people happier but it doesn’t need to be talk about emotions. When people talk to their sisters at greater length and about more personal topics, the crucial element is just to talk with each other as often as possible rather than discuss personal things.

This makes sense to someone who truly believes that women’s ways of talking are not necessarily better than men’s. It is possible that having sisters who like having long conversations about feelings or sisters who only enjoy discussing not so personal things, can both make someone happier.

［Why Sisterly Chats Make People Happier by Deborah Tannen, The New York Times, October 25, 2010 © 2023 The New York Times］

NOTE

（1）空所（ A ）～（ F ）に当てはまる最も適切なものを１～４の中から一つずつ選び，記号で答えなさい。

	1	2	3	4
（A）	1. happily	2. justly	3. kindly	4. likely
（B）	1. around	2. by	3. through	4. under
（C）	1. hopeless	2. pointless	3. regardless	4. unless
（D）	1. providing	2. seeing	3. testing	4. touching
（E）	1. by	2. on	3. through	4. with
（F）	1. better	2. dangerous	3. nicer	4. similar

（2）波線部（ア）と（イ）の代わりに入れるのに，最も適切なものを１～４の中から一つずつ選び，記号で答えなさい。

（ア）come across

1. been felt　　2. been ignored

3. been succeeded　　4. been worked

（イ）subtle

1. accurate　　2. conclusive

3. delicate　　4. skillful

（3）本文中で，下線部（あ）の事柄は，兄弟と姉妹の関係にどのような心理的効果をもたらすとされていますか。日本語で答えなさい。

(4) 本文中で, 下線部（い）におけるように, 男性が離婚しようとしている友人に対し, 離婚の件についてあえて話をしなかった理由は何でしょうか。日本語で説明しなさい。

(5) 本文中で，下線部（う）の事柄は，ある女性たちにはどのような心理的効果があるとされていますか。日本語で説明しなさい。

(6) 本文中で，姉妹を持つことが人を幸福にする理由は何だとされていますか。日本語で説明しなさい。

第３講　解答

＜解答＞

(1)（A）4　（B）2　（C）3　（D）1　（E）3
（F）4

(2)（ア）1　（イ）3

(3) 常に相手のことを気にかけていることを思い出させる効果。

(4) その友人に離婚について尋ねることは、それを思い出すことで気分を悪くしたかもしれないし，心配しただけでは，助けるどころか，批判のように思われていたかもしれないから。

(5) 一見意味のない会話が，問題やトラブルについての会話が一部の人間に好かれるのと同様に一部の女性に心地よいものになる効果がある。

(6) 姉妹を持つことで，出来る限り多く話をする機会に恵まれるから。

＜全訳＞

姉妹のいる若い人は，不幸，悲しい，あるいは鬱のような感情を訴える可能性が低いことが，最近の研究によって分かった。こうした研究結果は偶然のものではなく，他の研究でも，似たような結論に達してきた。しかし，なぜ姉妹がいると，より幸せになるのだろうか。女の子や女性は，男の子や男性よりも自分の感情について話をする傾向が強いというのが, よくある答えだ。しかし, それは真実ではないかもしれない。女性の友情や会話の表現方法は，必ずしも男性のそれより優れているとは限らない。女性の表現方法は，男性のコミュニケーションの方法とは全く違うのだ。

例えば，ある女性は二人の姉妹だけではなく，二人の兄弟とも電話で何時間も話をしたと言っていた。しかし，その話題は異なるものだった。彼女は自分の姉妹に個人的な生活に関する話をしていた。兄弟とは，歴史や地理，本について話をしていた。そして一人の兄が午前 5 時に彼女に電話をしてきて，冗談で彼女を起こしたと，彼女はつけ加えた。

冗談？　これはコミュニケーションなのだろうか。実際それにより，兄がいつも自分を気にかけていることを彼女は思い出す。そして，その話題にかかわらず何時間も話すことで，兄弟姉妹両方の関係を作り，強くしている。

もう一つの例では，ある学生が家族の犬が亡くなった時のことについて話していた。

兄と三人の姉妹は全員お互いに電話をした。姉妹はお互いに，どれほど犬を恋しく思っているか，どれほどひどい気分になったかを話していた。兄は，家族のみんなに対する心配をしていたが，彼自身の感情については何も言わなかった。

兄は姉妹と同じように感じたが，彼は単にそれを直接言わなかっただけだ。だから，電話で会話をしたことで，姉妹の電話とまさに同じ目的を果たしていた。すなわち，喪失感を共有したときに慰めを与えることだ。

男性は必ずしも，他人と問題を話し合う必要性を感じるとは限らない。一部の男性にとって，一緒に何かをやることはそれ自体が慰めとなる可能性があり，配慮を示すもう一つの方法だ。ある時，ある男性が離婚協議の最中の友人と一日を過ごした。彼が家に戻ると，妻は友人がその問題にどう取り組んでいるのかを尋ねた。その男性は，離婚について話をしなかったから，友人がどう感じていたのかわからないと妻に答えた。妻は夫にいらいらした。彼女は，夫の友人は自分が経験していることについて話す必要があると感じていた。

しかし，離婚について尋ねることによって，友人はそれを思い出し，気分を悪くしたかもしれない。ひょっとすると，心配しただけでは，助けるどころか，批判のように思われていたかもしれない。友人の問題について話をしないという夫の本能は，間違ってはおらず，友人を落ち込ませることはなかったのだ。

しかし，最近の研究ではいまだに，姉妹を持つことの利点が示されている。例えば，少なくとも 1 人の姉か妹がいて育った若い人は，より幸せに，より楽観的になる傾向にあるということを 2 人のイギリス人心理学者が発見した。もう一人のイギリス人研究者は，年を取った大人にも同様のパターンがあることを発見した。そこでは，何が起こっているのか。

人が姉妹を持つことで利益を得る理由は，ずっと微妙なものだ。その研究の被験者の中には，より多く，より詳細に，そしてより個人的な話題について姉妹に話をしたという人もいた。これはたいてい，姉妹により親近感を覚えることを意味していた。

ある 80 歳代の女性は，生涯を通じて，未婚の姉ととても親密であったが，一度も個人的な問題で話し合うことはなかったと言っていた。人生の後半で，その姉は，その女性，その夫と一緒に暮らすようになった。毎朝夫が起きてコーヒーを入れた後，彼女の姉が彼女の寝室に立ち寄っておはようと言ったことを，その女性は思い出した。女性は姉にベッドに座るようによく勧めたものだ。手を握って，ベッドに並んで座りながら，二人はただ話をしたものだった。

多くの女性が行うが，多くの男性がその必要性を理解しないもう一種類の会話がある。女性の中には，例えばセールで見つけたセーターや他の共通の活動となる日常生

活についてよく話をする人がいる。問題やトラブルについての会話が一部の人間に好まれるのと同様に，こういった一見意味のない会話は一部の女性にとって心地よいものになる。

だから，姉妹と話をすることで，人はより幸せにはなるが，感情について話す必要はない。人が姉妹とより詳細に，そしてより個人的な話題について話をする際に重要な要素は，個人的なことについて話すというのではなく，出来る限り多くお互いとただ話すということだ。

これは，女性の話し方が必ずしも男性の話し方より優れているわけではないと本当に信じている人にとって意味を成す。感情について長く話をするのが好きな姉妹や，あまり個人的ではないことを話して楽しむだけの姉妹を持つことは，両方とも誰かをより幸せにする可能性がある。

第３講　重要語彙リスト　　＊一つ一つ何度も繰り返して，覚えてください

1	conclusion	結論
2	not necessarily	必ずしも～とは限らない
3	geography	地理
4	reinforce	補強する
5	connection	関係
6	terrible	ひどい
7	serve	果たす
8	comfort	慰め
9	in itself	それ自体で
10	divorce	離婚
11	be annoyed with	～にいらいらする
12	come across as	～と思われる
13	critical	批判的な
14	instinct	本能
15	let O down	O を落ち込ませる
16	optimistic	楽観的な
17	subtle	微妙な
18	participant	被験者
19	at length	詳細に
20	urge O to do	O に～するように勧める
21	side by side	並んで
22	seemingly	一見すると
23	pointless	意味のない
24	crucial	重要な，決定的な
25	element	要素
26	B rather than A	A というよりむしろ B
27	make sense	意味を成す

第３講 音読用白文 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

A recent study found that young people who have a sister are less likely to report such feelings as being unhappy, sad or depressed. These findings are no accident; other studies have come to similar conclusions. But why would having a sister make you happier? The usual answer is that girls and women tend to talk about their emotions more often than boys and men. However, that may not be true. Women's styles of friendship and conversation aren't necessarily better than men's; they are simply different from men's ways of communication.

One woman, for example, said that she talked for hours by phone to her two brothers as well as her two sisters. But the topics were different. She talks to her sisters about their personal lives; with her brothers she discusses history geography and books. And, she added, one brother calls her at 5 a.m. and wakes her up as a joke on her.

A joke? Is this communication? Well it does remind her that he's always thinking of her. And talking for hours creates and reinforces connections with both brothers and sisters, regardless of what they talk about.

In another example, a student talked about the time when their family dog died. The brother and three sisters all telephoned one another. The sisters told each other how much they missed the dog and how terrible they felt. The brother expressed concern for everyone in the family but said nothing about what he himself was feeling.

The brother felt the same as his sisters, but he just didn't say it directly. So having the phone conversations served exactly the same purpose for him as the sisters' calls did for them: providing comfort at the time of their shared loss.

Men don't always feel a need to discuss their problems with others. For some men, doing things together can be a comfort in itself and another way to show caring. In one case, a man spent a day with a friend who was going through a divorce. When he returned home, his wife asked how his friend was dealing with the problem. The man replied to his wife that he didn't know how his friend felt about the divorce because they didn't talk about it. The wife was

annoyed with her husband. She felt that her husband's friend needed to talk about what he was experiencing.

However, asking the friend about his divorce might have made that friend feel worse by reminding him of it. Perhaps just expressing concern could have come across as being critical, not helpful. The husband's instincts about not talking about his friend's problems hadn't been wrong and he hadn't let his friend down.

Yet the recent study still suggests the benefit of having sisters. For example, a pair of British psychologists found that young people who had grown up with at least one sister tended to be happier and more optimistic. Another British researcher found a similar pattern among older adults. So what is going on?

The reasons why people benefit from having sisters are much more subtle. Some of the participants in the studies have said that they talked to their sisters more often, at greater length and about more personal topics. This often meant that they felt closer to their sisters.

A woman in her 80s said that she had been very close to her unmarried sister throughout their lives, but they never discussed their personal problems. Late in life, the sister came to live with the woman and her husband. The woman recalled that each morning after her husband got up to make coffee, her sister would stop by her bedroom to say good morning. The woman would urge her sister to sit with her in bed. As they sat up in bed side by side, holding hands, the woman and her sister would just talk.

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This makes sense to someone who truly believes that women's ways of talking are not necessarily better than men's. It is possible that having sisters

who like having long conversations about feelings or sisters who only enjoy discussing not so personal things, can both make someone happier.